The Lions' Pride

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An All Literature Diet

By Danielle Meikle
Contributing Writer

If students were itching for another reading after the "Wild Gifts" event held last week, then this week's "Literature for Lunch" event was the place to be.

This event was held on Sept. 28 in TECO Hall and featured a reading from Maile Chapman, author of "Your Presence is Requested at Suvanto." The book has received favorable reviews from the New York Times Book Review. The event went from 12:30 p.m. to 1:20 p.m., hence its series title "Literature for Lunch."

Maile Chapman is an American novelist and short story writer. "Your Presence is Requested at Suvanto" is her first, and it was short-listed for the Guardian First Book Award, as well as a finalist for the PEN Center USA literary award in fiction. Moreover, her stories have appeared in many literary magazines including, "A Public Space," "the Fairy Tale Review," and "the Best American Fantasy," and many others.

Maile Chapman received her Master of Fine Arts in fiction from Syracuse University, and a Ph.D. in English from the University of Nevada, Las Vegas, where she is currently a professor. She has been a fellow at the New York Public Library's Dorothy and Lewis B. Cullman Center for Scholars and Writers as well as a Fulbright grantee to Finland. She also serves as an editor for Witness Magazine.

The novel is about Suvanto, which is a Finnish recovery hospital. Most of the patients are wealthy women, seeking respite from their everyday lives. Julia Dey, a former dancer, has been sent to Suvanto without her consent as she was suffering from numerous illnesses, including a horrible infection. Julia wastes no time in making her dissatisfaction about being at the hospital known to everyone. Sunny Taylor, her American nurse, came to Suvanto to escape her unhappy life but ends up being unhappier. Dr. Peter Weber is the physician in charge of the hospital. Similar to many doctors in the 1920's, his belief is that most women's problems are related to gynecology, and so, he tries to perfect an operation that will cure the women at Suvanto and uses them as his test subjects. The operation involves an exact stitch, and eventually a hysterectomy. Sadly, not enough information was known about hysterectomies then, and therefore Weber's procedures become lethal.

According to one critic, "Your Presence Is Requested at Suvanto is an incredibly dark, gothic novel. The period in which it takes place, the setting of an isolated hospital, really adds to the overall feel. Not only a mystery but also a showcase of the period, the way women, even the wealthy, were regarded."

Maile said that she has always been a fan of creepy, scary movies with her favorite movie being a horror film called "The Shining." She was inspired to write this novel because of a tiny photo of a hospital that she saw in a book that she got from a thrift store. The hospital was surrounded by a forest and seemed eerie. She was so intrigued by it that she decided to write a story based on that setting. She researched the picture and found out that the hospital was in Finland. Therefore she applied for a grant to visit it.

At the event, there were about 40 people in attendance, which included both students and faculty. Maile grabbed the attention of the audience with her readings from the first few chapters of the book. She also interjected with personal anecdotes that related to the story and its development. Her presentation intrigued the guests so much that she garnered some questions during the question and answer segment.

"Her book has quite an interesting plot, and her readings drew me in," said Vanessa Reid, a sophomore marketing major.

Photo by Danielle Meikle

Chapman was inspired to write her period piece by her love for creepy films.

Chapman and her novel were a great addition to Literature Lunch series which has seen other great acts. According to Jennifer Orendorf, the administrator of events and special programs for the School of Arts and Sciences, "We had some great poets last spring, Terese Svoboda and Aja Monet. I was inspired after seeing each of them." So don't miss the chance to attend next time around and be inspired yourselves.

Baby Blankets for the Sunrise Center

By Danielle Meikle
Contributing Writer

On Sept. 27, the floor of Career Planning Suite, located in the Student Activities Building, was covered in an array of brightly colored fabrics as well as a team of resourceful young women working diligently to piece them together.

The Saint Leo Women's Lacrosse team and their coaches, in conjunction with the School of Education & Social Services (SESS), gave back to the community by making baby blankets for the mothers staying at the Sunrise Domestic and Sexual Violence Center.

According to Dr. Joanne Crossman, a professor of education and the academic advisor for the Women's Lacrosse team, "We hope that the women who come to the Sunrise Pasco shelter will select a blanket for their baby or toddler and find colors and soft fabrics. We hope this small gesture helps the women to know that our Saint Leo community supports them during this difficult time in their lives."

The blankets were made by double-layering pieces of colored fleece, which was donated by the SESS, and then cutting the edges into strips before tying them. The women of the lacrosse team seemed to enjoy the experience and found it useful as a team-building exercise.

"I enjoyed working together with my teammates to get these blankets done. We had lots of fun, but we got a lot done too," said Alex Alvarez, a junior social work major.

The event concluded with a speech by Amanda Markiewicz, the Green Dot program coordinator, who also accepted the blankets on behalf of the Sunrise Center.

The Green Dot Bystander Intervention Program was founded by Dr. Dorothy Edwards. According to their website, the program trains people about sexual assault and domestic violence on college campuses, primary and secondary schools, and in communities. As leaders in violence prevention, they provide training, technical assistance, and program development for individuals, schools, and organizations both domestically and internationally as they work to foster safe communities.

For Sunrise, the program intends to create a culture where violence is not tolerated by students, staff, or faculty. Through this program, Sunrise asks the Saint Leo community to consider their role in prevention and gives them the tools to actively respond to those situations, understand obstacles to action, and learn proactive and reactive skills to respond to those situations. Sunrise believes that youth will be role models and leaders in preventing interpersonal violence in their schools and communities.

Crossman says that her students have benefitted from Sunrise's presentations regarding domestic and sexual violence, and she hoped from the presentation, the athletes would learn about the Green Dot Strategy that Sunrise established at Saint Leo University to foster the core value of community.

Jody Madisen, a junior marketing major, said, "I found the experience eye-opening. It was a good way to not only give back to the community but also to learn something new in the process."

The team donated twenty-five blankets in total to the center and gained knowledge that they can apply to their everyday lives in return.

Photo by John Hall

The ladies managed to piece together 25 full sized blankets.

Editorial

Indoor Air Pollution: the Invisible Threat

By Niclas Bez
Contributing Writer

Everyone knows about the threat that pollution poses. Emissions from cars or big factories spread pollutants that cause the greenhouse effect through smog. Big cities like Los Angeles and Beijing are especially suffering from this smog that causes unhealthy air quality. Another common form of pollution is environmental pollution. It is made up of hazardous materials and chemicals that make their way into the environment and cause significant harm to plant and animal life.

A form of pollution that is pretty new to many people is indoor air pollution. There are many different means by which indoor air quality (IAQ) can be polluted and cause dangerous sicknesses or even death. The most common form of indoor air pollution can be found in undeveloped countries where people still cook and heat with open fire. According to The World Health Organization, this kind of indoor pollution leads to approximately 4.3 million deaths each year.

While this might not seem threatening to citizens of developed countries, there are other habits that cause indoor air pollution, the most common being through smoking. Smoking indoors is a serious threat to people's health and can cause asthma, heart disease, strokes, impaired lung function, and even lung cancer.

Smoking indoors was proven to be such a great threat that 34 states created laws that prohibit people from smoking indoors. The Florida Clean Indoor Act was enacted in 1985 to protect people from secondhand smoking (SHS). According to Tobacco Free Florida and Florida Health, tobacco smoke contains more than 7,000 chemicals, of which 80 have been proven to cause cancer. These chemicals caused an estimated 2.5 million deaths of non-smokers through secondhand smoking in the 20 years before the law was created.

Even though smoking is the worst kind of indoor air pollution in the United States, it is not the only one. According to Forbes magazine and the U.S. Environmental Protection Agency, the average American spends 90% of their time indoors, even though the air quality is far worse inside than it is outside in most cases.

Indoors, many sources of pollutants such as gas from cooking, building materials, household cleaning products, furniture, insulation containing asbestos, and moisture from wet or damp carpet often accumulate. Also, a central heating and cooling system might contribute to poor air circulation indoors.

The less outdoor air enters a home, the more likely it is for pollutants to accumulate to levels that can cause health issues. Many homes are designed and constructed to minimize the amount of outdoor air entering and leaving a home. Without sufficient air circulation throughout a home or apartment, when outdoor air enters, health risks increase.

One sickness that can be caused by indoor air pollution is asthma. Asthma can result in difficulty when breathing and is caused by an allergic reaction or other forms of hypersensitivity. Mold is a common pollutant that can cause symptoms of asthma. Usually, too much humidity or wet areas can cause indoor mold to grow. The mold spores can cause allergic reactions or asthma attacks when inhaled or touched.

Indoor air quality problems are not limited to homes, as they are also often found in workplaces that are inadequately ventilated. Signs of indoor pollution can especially be found in large buildings that run on one big air conditioning system. Problems arise when the filtration systems are not changed or cleaned on a regular basis and when the outside airflow is insufficient.

Students are confronted with indoor pollution every single day. From the classroom, to the cafeteria, and to dorm rooms, you encounter indoor pollution. There are no windows to open in many of these facilities, causing the entire airflow to rely solely on the air conditioning system. Students put a lot of faith into the maintenance staffs that change the filters and ensure that enough outdoor air is entering their buildings.

"My freshman year, I had about five sinus infections throughout the school year when I lived in Henderson. I am allergic to mold and I think that was the problem. The air was always moist and humid, which caused some things in my room to be damp all the time," stated junior Jennifer Litzen.

"I highly recommend getting an air purifier/filter because you don't see or know about the kind of stuff you're breathing into your body. If you get sick a lot, it might be due to the air quality inside and the dust and mold that is hard to prevent," continued Litzen.

Since this problem has only been recognized and proven in the last few years, the technology is still continuing to develop. There are many companies that specialize in producing furniture and carpeting that are less likely to contribute to indoor air pollution or succumb to mold. Also, many new architects are designing homes with better air circulation and ways of letting outdoor air in.

These solutions do not help students that can't change the furniture or design of their classrooms or dorms, though. When allergies or symptoms of asthma occur, it might help to purchase an air purifier to ventilate dorm rooms. Air purifiers help to reduce contaminants and dust from the air, which improves the air quality overall. There are also products on the market that contain a UV light system that kills germs that spread throughout heating and cooling systems.

Advancements are being made to improve indoor air quality, but health problems due to pollution will continue to threaten people everywhere until a solution is created to remedy the issue entirely.

Here's what you missed online this week at www.prideonlinedot.wordpress.com

Honoring a Proud Heritage

Photo by Kimberly Scott-Williams

Saint Leo University celebrated Hispanic Heritage Month with its annual Hispanic Heritage Celebration hosted in the SCC Boardrooms on the University campus. Students were greeted with various poster boards, speakers, and live music.

Food for Thought

Photo by Danielle Meikle

Every month, a member of the Saint Leo faculty hosts a Food for Thought event at a restaurant of their choosing. This time, in honor of Hispanic Heritage Month, a Cuban restaurant was chosen to highlight the varied Hispanic culture.

Wild Gifts from the Faculty

Faculty members of the Department of Language Studies and the Arts read original creative works to all who attended the event. The event was able to highlight the new MA in creative writing offered by the University.

Charitable Catwalk

A fashion was put on by Career Planning and Alpha Sigma Tau to benefit the charitable organization, Suit Up as well as to kick off Career Fair, while showing students appropriate business attire.

Vice Presidential Debate

The vice presidential debate took place on Oct. 4 between Democratic nominee Tim Kaine and Republican nominee Mike Pence at Longwood University in Virginia.

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Campus News

Suspicious Incident puts Beloved Professor in Coma

By Cassidy Whitaker & Jonah Robertson
Editorial Editor & Editor-in-Chief

Dr. Penny Smith, professor of sociology, was found unconscious in her office by fellow staff on the morning of Sept. 28. The incident report provided by Campus Security and Safety states that Dr. Smith was stung by several wasps when entering her office and as a result, stumbled, fell, and hit her head. She was taken by ambulance to Florida Hospital in Zephyrhills.

Prestige Worldwide, the PR firm representing Vice President of Advancement and Communications Denny Moller, released a statement late Friday night stating that Smith's hospitalization early Wednesday morning was due to a "medical incident." They state that the Pasco County Sheriff's Office is currently handling the situation and that the University will fully cooperate. They say that the campus community is keeping Smith and her family in its prayers and ask that all others do the same. They stated that the University will provide more information as it becomes available.

According to Greg Kunzweiler, the representative from campus safety, Smith was loaded onto the ambulance at 8:25 a.m. An EMT on site suggested to Kunzweiler that her condition might be due to wasp stings, which he noted in the incident report. Kunzweiler was unable to give any other information relating to her condition at this time.

Within a few short hours of Smith being taken to the hospital, a CSI team could be seen investigating and collecting evidence in her office and her window was visibly broken. When asked why a CSI team was investigating her office, Campus Security and Safety had no comment.

The medical exam of Smith has yet to be completed, and no additional information has been released.

Smith, who has been teaching at Saint Leo for more than six years, teaches courses on global sociology, globalization and social movements, climate change and society, cities in a global context, globalization and public health, as well as on human rights and democratization. She received her Ph.D. in sociology from Western Illinois University. Smith currently serves as editor of the Journal of World-Systems Research, the official journal of the Political Economy of the World-System section of the American Sociological Association. She has written and edited several books and articles on transnational and social movements and the global political economy.

Many students are very concerned after learning of the news of the incident involving Smith.

"I feel terribly about what happened to Dr. Smith and I'm very worried for her," stated Junior Ariel Treadstone. "I took one of her classes last semester and I enjoyed having her as a professor so much. I really hope she recovers quickly and easily

Other students echoed Treadstone's feelings.

"I was so upset to hear about what happened to Dr. Smith. She is my academic advisor so she's done a lot for me throughout my time here at Saint Leo, so I'm extremely worried about her," stated Senior Javier Bentley. "I really hope that whoever caused this incident is caught and reprimanded by the University and the law to the fullest extent possible. She and her family will remain in my thoughts and prayers throughout this difficult time."

Photo by Michael Goodeaux

The window in Dr. Penny Smith's office was discovered broken on September 28, and CSI investigators were in her office collecting evidence.

A video from Smith's husband was released through his PR firm. It can be viewed at www.prideonlinedotnet.wordpress.com

Smith's husband has released a statement through his PR firm, The Tampa Scope, saying that he does not approve of the way the University is handling the investigation. He has been given very minimal information about what may have caused his wife's condition, and is prepared to take legal action if the University does not provide him with the information he requests.

According to Smith's husband, her office was compromised and ransacked the night of Sept. 27. She was admitted to the hospital following a health crisis related to the incident and is currently in a coma. He believes the University is withholding information that they gathered throughout the process. He is prepared to move forward with legal action if the situation is not properly resolved.

When asked about the vandalizing of Smith's office, Kunzweiler had no comment.

Disclaimer: The following story, photos, and accompanying items are fictionalized and are part of Saint Leo University's Alternate Reality Learning Experience (ARLE). The events described did not occur. The characters are fictional and any resemblance to any person living or dead is purely coincidental.

Health

Zika Virus Inciting Global Fear

By Michayne Stoney
Contributing Writer

Common Symptoms
Fever
Skin rashes
Muscle and joint pain
Headaches

Photo From @JamaicaObserver

The Zika Virus is transmitted through infected female mousquitos because only female mosquites need blood in order to produce eggs.

Zika virus, also referred to as ZikV, is a disease caused primarily by Aedes mosquitos. Although it has only recently become a major threat to people worldwide, ZikV was first identified in monkeys in Uganda as early as 1947. Later in 1952, it was identified in humans, and since then, there have been numerous outbreaks in Africa, the Americas, Asia, and areas of the Pacific.

The disease is primarily transmitted to people through the bite of an infected mosquito. This same Aedes mosquito is responsible for transmitting other diseases such as yellow fever, dengue, and chikungunya. Scientists have recently found that the virus can also be transmitted sexually, and it is believed that other methods of transmission are possible.

In Jul. 2015, Brazil reported a link between the Zika virus infection and Guillain-Barré syndrome. Later that year, there were similar reports of an association between Zika virus infection and microcephaly. As such, Brazil is known as the 'epicenter' of the disease. Undoubtedly, this generated waves of trepidation earlier this year as many athletes and tourists were worried about the risk of going to Brazil for the Olympic Games. Many athletes even withdrew their participation because of looming fears. Jason Day, Australian golfer, who is currently number one in the world decided that participating in the Olympic Games was not worth the risk of infection. In an interview with the Telegraph, he stated that

"The reason for my decision is my concerns about the possible transmission of the Zika virus and the potential risks that it may present to my wife's future pregnancies and to future members of our family. While it has always been a major goal to compete in the Olympics on behalf of my country, playing golf cannot take precedent over the safety of our family. I will not place them at risk."

Similarly, Dustin Johnson, an American professional golfer also withdrew from the Olympics as early as Jul.

"I felt it would be irresponsible to put myself, her [his wife] or our family at risk," said Johnson in an interview with the Telegraph.

Thankfully, the Olympic Games, which were held in Rio, Brazil had little to no effect on the increase in the prevalence of the Zika virus to other areas around the world. According to the World Health Organization (WHO), there was very little evidence to support concerns that the influx of tourists for the Olympics may worsen the Zika epidemic.

"From the reports WHO received from national health authorities, there have so far been no laboratory confirmed cases of Zika virus in anyone associated with the Olympics," WHO wrote.

Though symptoms are generally mild, complications from the disease may become life threatening. Scientists have concluded that the Zika virus is linked to a range of neurological disorders including microcephaly and Guillain-Barré syndrome. On Aug.27, during his weekly address, President Barrack Obama shared his concerns about the disease. He also spoke about the concerns citizens had about the risk of getting infected.

"Earlier this year, I got a letter from a South Carolina woman named Ashley, who was expecting her third child. She was, in her words, "extremely concerned" about the Zika virus, and what it might mean for other pregnant women like her. I understand that concern. As a father, Ashley's letter has stuck with me, and it's why we've been so focused on the threat of the Zika virus," said Obama.

Since then, much has been done to mitigate the rising fears and concerns.

"My Administration has done what we can on our own. Our primary focus has been protecting pregnant women and families planning to have children. For months now, the CDC has been working closely with officials in Florida and other states," Obama said.

On Sept. 22, the Pan American Health Organization (PAHO) said that there were 47 countries and territories across the Americas which have been affected by the Zika virus. Additionally, they reported that five countries have reported the disease being transmitted sexually.

"In the United States of America, the area of Zika transmission continues to expand with three counties in the state of Florida reporting autochthonous cases of Zika virus infection: Miami-Dade, Palm Beach, and Pinellas," said PAHO.

The government officials across the region have been joining forces to help combat the issues surrounding Zika virus. Here in Florida, Governor Rick Scott has been proactive, and has been funding many research efforts to help in the Zika crisis. In a news release posted on Sept. 30, Governor Scott spoke about what is being done.

"As the first and only state fighting local Zika cases, we are at the epicenter of this national crisis. While the federal government was dragging their feet, our state was taking aggressive action to protect our families and visitors. Since June, I have authorized $61.2 million in state funds for Zika, including $25 million to support research to develop a vaccine against the Zika virus and enhance Zika testing methods. Now that the president has approved this bill, the federal government must work quickly to send necessary funding to our state so we can continue to protect our state's expecting mothers and their future children," said Governor Scott.

Although there are vaccines being developed, it will take quite some time for this to become commercially available. In an interview with Health Day Reporter, Dr. Anthony Fauci, director of the U.S. National Institute of Allergy and Infectious Diseases (NIAID) stated that, "two rival vaccines for Zika have the best chance of becoming available for field testing by early next year."

However, an article posted by NewScientist.com, written by Jessica Hamzelou said, "A team of researchers from the US and China identified one drug – currently in clinical trials for liver diseases – that protects brain cells from damage, and 10 others that stop Zika from replicating, one of which is an already-approved drug used to treat worm infections. A combination of two compounds could be an effective Zika treatment."

Until a tested vaccine is properly developed, it is the responsibility of each individual to keep himself or herself safe. The best way to do this is to avoid being bitten by mosquitoes. This can be done by wearing the appropriate insect repellant, as well as long sleeved shirts and long pants. This way, mosquitoes have very little access to the skin. Hopefully, the spread of this virus becomes well-contained in the near future.

Native American Pipeline Protest

By Randawnique Coakley
Worldy Education Editor

Native Americans are suffering yet another grave injustice. This time, the Federal Government is planning to run Dakota Access pipeline across the Standing Rock Sioux, which could threaten the environment and desecrate sacred Native American lands.

"The government may well have a legal right to build this pipeline, but there are many reasons why this does not sound like a good idea right now," said Dr. Campion, Director of the Global Studies Program and an Associate Professor of Sociology.

The Energy Transfer Partners planned to construct a pipeline that "would carry more than 400,000 barrels of crude oil daily from the Bakken and Three Forks production regions of North Dakota." The pipeline would run for "1,172 miles, passing through South Dakota and Iowa before connecting with an existing pipeline in Patoka, Ill," according to Los Angeles Times.

Dr. Douglas Asofi, professor of History, mentioned that the developers' plan was to build the pipeline quick enough so that after the construction of the pipeline was completed, they could apologize later. In fact, according to the Los Angeles Times, "Energy Transfer Partners says construction of the Dakota Access pipeline across the four states is 60% complete," as of three weeks ago. However, "A federal judge ruled Friday against the Standing Rock Sioux Tribe's request for a preliminary injunction to halt construction on the Dakota Access crude oil pipeline." District Judge James E. Boasberg ordered the construction of the pipeline to be halted, at least "until the Army Corps of Engineers can revisit its previous decisions in the disputed portion," according to The Washington Post. However, this temporarily blocking of construction is not a certainty that construction of the pipeline would stop completely. In fact, the possibility of the pipeline being constructed sparked an uproar among the Native American community, provoking a protest.

This issue sparked Native American tribes from all over the country, according to Dr. Astofi. It is not only affecting Native American tribes in America, but also all over the world. In fact, according to New York Times, there were 280 Native American tribes gathered and camped out to protest in North Dakota. The tribes

National

Photo From @GeorgeBearClaws

Oceti Sakowin,located in North Dakota, is one of the major camps for the Dakota Acess Protest, even though the land belongs to US Army Corps of Engineers.

travelled from "across the Plains and the Mountain West, from places like California, Florida, Peru and New Zealand. They are Oglala Lakota, Navajo, Seneca, Onondaga and Anishinaabe. Their names include Keeyana Yellowman, Peter Owl Boy, Santana Running Bear and Darrell Holy Eagle," reported New York Times.

The protest in North Dakota seemed to get rather violent, with both police officials, accompanied by ravishing dogs, and protestors getting aggressive. "Four security guards and two guard dogs were injured after protesters confronted construction crews on Saturday at the site outside of the Standing Rock Sioux reservation. One security officer was hospitalized with undisclosed injuries, and the two guard dogs were taken to a Bismarck veterinary clinic, according to the Morton County Sheriff's Office spokeswoman Donnell Preskey," reported Time. "Protesters said six people were bitten by the guard dogs, including a young child, and at least 30 people were pepper sprayed, tribe spokesman Steve Sitting Bear said, the Associated Press reported. Preskey said police officers had no reports of injuries."

However, not all of the protest is violent. The protest can be seen as a gathering where tribes commune, showcase, and celebrate one another's cultures, while protesting in an effort to stop the construction on a pipeline that can be detrimental. At OcetiSakowin camp, a protest site, a tribal Hawaiian indigenous leader Pau Cae, who "heads the movement to protect Mauna Kea, a sacred Mountain on the Big Island of Hawaii," and her companions traveled from Hawaii to stand in harmony with Native Americans at Standing Rock, according to a video by Sacred Stone Camp.

Pau Cae said, according to a video by Sacred Stone Camp, "Thank you very much for taking us from the mountain, putting us at your fire. And we are humbled to here and to be of service. We are family to you and we come forward to tell you that from Hawaii we love you," after dancing with her tribe in a traditional dance over the grounds.

However, regardless of if this protest is violent or peaceful, the threat of harming the environment is also fueling protest.

"One of the main problems is a lack of understanding between companies who want to profit from access to Native American lands and the Native Americans who oppose the intrusion. In this current situation the proposal is to run the pipeline underneath the river. This poses serious environmental hazards," said Dr. Parker, Associate Professor of History and Chair of Social Sciences.

The construction of pipeline raises concerns because pipelines are known to rupture and water supply is likely to be polluted, affecting the "river upstream of Sioux reservation," according to Dr. Campion. In fact, according to a Pipeline and Hazardous Materials Safety Administration (PHMSA) report that spans over a 20-year period (specifically for the years 2002 to 2015), there were high reported rates ranging from 233 to 336 significant pipeline incidents each year. And just recently the Environmental Protection Agency was at fault for accidentally dumping millions of gallons of pollutants into the Animas River in Colorado, transforming the once pristine river into an "orange-yellowish slush," according to CNN. This halted the tourism industry that the river generated from recreational activities.

"With climate change now a pressing issue, the use of fossil fuels has gained a lot of criticism. Another pipeline seems at odds with President Obama's efforts to reduce our dependency on fossil fuels and to promote energy conservation as well as the use of green energy. It is sending the wrong environmental message," said Dr. Campion.

The environmental concerns seem rather universal, stemming to both Native Americans tribes and Environmental groups who are opposing the construction of the pipeline. Los Angeles Times reports that both groups, the Environmental and the Native Americans, are rather vocal on their desire for "the United States to transition to renewable energy instead of building more infrastructure to support fossil fuels."

"While not all Americans agree with Native Americans' arguments against the pipeline based on environmental concerns, at least Americans are familiar with this argument and can understand these environmental concerns – at least on the surface," said Dr. Parker.

The Native Americans also argue that the pipeline would discrete the sacred burial lands and ancestral sites that it is planned to run across. Many Americans understand why the environment is a concern, but do not understand why the sacred Native American lands are.

"What Americans cannot understand is the continuous Native American argument about the sacred nature of their ancestral lands and their spiritual connection to the land. Americans have no way to relate to this as there is no spiritual attachment to the land in American culture," said Dr. Parker. "So when Native Americans make the argument in spiritual terms – a very real and important aspect of their fight against corporate or government intrusion on their lands, Americans cannot relate to this reasoning and trivialize Native American Opposition to initiatives such as running this pipeline. There are cultural and historical barriers between Native Americans and Americans and there has not yet been created a cultural language that enables a discussion of these issues in a wat that can promote a real understanding between the opposing sides."

This lack of understanding from Americans forces the Native Americans to be continually discriminated against. Native Americans are at the bottom of the totem pole in America at times because it seems not many people choose not to see their spiritual beliefs as valid. Some may consider their belief as not practical. As a result, Native Americans tend to be the target of discrimination in America.

"Native American tribes have undergone relentless discrimination and abuse from the American government, most notably land dispossession and mass displacement to reservations in the 19th century," said Dr. Patricia Campion.

This discrimination of Native Americans, like other minorities in the United States, has lasted for an extended period time in history. In fact, there are many cases in which Native Americans were discriminated; not only were Native Americans were frequently forced to move from their own lands as Dr. Campion mentioned, but Native Americans have also been unjustly murdered at the hands of Americans in the past. An example of this was in 1980 when the US army massacred hundreds of Native Americans (Sioux) on Wounded Knee on the Pine Wood Reservation in South Dakota.

This injustice in the past, which forced this minority to live a harsher life, has held the Native Americans back and it is evident in today's time. "To this day, Native Americans show higher rates of poverty, unemployment, substance abuse, and lower rates of education and average income, than any other racial group in the country. Some efforts have been made in recent decades to address the situation, but progress is slow and uneven," said Dr. Campion.

The government, which should ensure the protection, justice, and equality for all citizens, constantly discriminates against minorities, in this case, the Native Americans. With Native Americans being mistreated in the past, the discrimination still persists, and it is evident in the proposed pipeline that threatens to desecrate the scared Native American lands.

According to Dr. Parker, "the issue of proposals to run pipelines through Native American lands is not a new issue. This is a constantly recurring issue. So the question is not really, 'why is this happening now,' the question is, 'why is it always continuing to happen?'"

Native Americans have dealt with a lot of discrimination in the past, and most of it has been swept under the rug. However, the internet allows for a spotlight to be placed on issues via outlets such as social media, videos, and news articles.

"One thing that has changed greatly, however, is that we live in an era when people are willing to fight for their identity and their heritage, be they African American, gay, Native American, or something else. So it is no wonder that the resistance to the pipeline has been strong," said Dr. Campion.

This congregation of so many different Native American tribes may have been the deciding factor for the postponement of the pipeline's construction.

"The federal government appears not to respect part of its own population by not respecting their environment and beliefs," said Dr. Campion. "Let's imagine that the government was trying to bulldoze a historic church to let the pipeline through. I'm quite sure there would be quite an uproar at the desecration of a holy place. Why should it be any different with Native American sacred land?"

The protest also captured the attention of President Barack Obama. In fact, Obama was campaigning for the Native American votes, vowing "that his administration would pay special attention to their grievances about federal mismanagement and the government's recurring neglect of treaty obligations," according to the New York Times.

New York Times also reported that at "his eighth and final White House Tribal Nations Conference, an annual summit meeting of Indian leaders he instituted," Obama "received praise for actually delivering on his pledge in multiple ways, including the announcement of $492 million in lawsuit settlements with 17 American Indian tribes for alleged federal mismanagement of their funds and lands. The government holds more than 100,000 leases to manage about 56 million acres of tribal lands rich in mining, timber and oil resources that have historically been exploited at the tribes' expense."

These settlements are the most recent. One of the major settlements of recent years was settled in 2009, according to New York Times. This case was 13 years long, ending with the administration "agreeing to pay $3.4 billion in compensation for federal mishandling of hundreds of thousands of land trust accounts." New York Times reported that there are even tribal cases, "more than 100 tribal claims, some of them a century old, at a cost of more than $3.3 billion" that the administration is attempting to resolve, according to New York Times.

Although the spiritual belief of Native Americans and overprotection over sacred lands may seem bizarre or rather impractical for others, this social media age allows for the entire population to feel connected to one another, allowing people to feel empathic towards other opinions and causes. Therefore, if the pipeline somehow is under construction again, maybe others can get behind and support the Native Americans based solely on their beliefs and fight this issue alongside each other as if the issue was their own.

Photo From @CCN_Updates

According to History.com, "the nomadic ancestors of modern Native Americans" discovered the Americas, "more than 12,000 years ago."

Arts & Entertainment

Heartfelt Horror

By Victoria Markou
Contributing Writer

In "Before I Wake," Grieving parents Jessie (Kate Bosworth) and Mark Hobson (Thomas Jane) decide to adopt a charming eight-year- old boy, Cody (Jacob Tremblay). What seems to be insomnia due to Cody's history of unstable home environments is actually much more complex and horrifying than that. Are these foster parents prepared to face Cody's night terrors manifested in reality?

The film takes place in Fairhope, Alabama. Within the first few days of staying with the Hobsons, it becomes apparent that anything Cody dreams about in his sleep comes to life. Cody avoids sleep as much as he can with caffeine and sugar; what starts out as harmless fluttering butterflies leads to the reappearance of the Hobsons' deceased son, turns into what nightmares are made out of. The "Kanker Man" from Cody's nightmares haunts him in real life, in his new home, and even in his school. After the sudden disappearance of her husband, Jessie goes on a hunt for answers in the history behind Cody'slong list of foster parents. In the emotional ending, Jessie uncovers a sad secret, she figures out how to stop the nightmarish projection, and finally puts an end Cody's nightmares for good.

Director Mike Flanagan creates an original story plot that is fueled by slowly snowballing tensions thatbuild up to full horror potential in the climax. The unique use of story book-like dream settings gives theviewers insight that the dreams are from the perspective of a young boy, which foreshadows how he will subconsciously reflect on dealing with death, acceptance, and loss. One of the most interesting things about "Before I Wake" is that it shows actual human emotion and empathy not only in the expected protagonist, but the antagonist as well, which is very uncommon in the thriller/horror genre.

"Before I Wake" can be considered a unique mix of Wes Craven's "Nightmare on Elm Street" in terms of dark imagination and Sigmund Freud's psychodynamic theories involving dream interpretation and the subconscious. The moods are set throughout Cody's sleep cycle as vivid colors in scenery portrays the wonders of Cody's imaginative dreams symbolized by gentle butterflies. His dreams are contrasted with a dark gloomy palette when his dreams transition to nightmares with the sudden swarming of moths. Danny Elfman and The Newton Brothers, the composers of "The Nightmare Before Christmas," were responsible for the perfect composition of both soft melodic and eerie musical effects that brought thedream and nightmare atmospheres to life.

This movie is highly recommended to those who can appreciate the psychological thriller, horror, andfantasy genres. The film leaves viewers thinking they can predict the ending, until the plot thickens and takes a complete opposite turn. "Before I Wake" is one of the only films that can scare viewers out of their seats and make them an emotional wreck all in one scene, this roller coaster needs to be experienced.

Upcoming Local Events

Dade City:
Scream-a-Geddon
Date:
9/30-11/5 7:30PM-1:00AM
Location:
27839 Saint Joe Rd.
Dade City, FL 33525
Contact:
813-452-5412
Price:
$19.95 - $32.95 varying by day
Description:
Scream-a-Geddon features six haunted attractions, including a novelty in the haunted house scene: an interactive haunted house where those who attend have the chance to be kidnapped and taken into hidden rooms in the attraction, making it a much more spontaneous and terrifying experience. The event also features a horror-themed hayride as well as a carnival midway where people can play games, get food, and relax in between the scares.

Photos from @BeforeIWakeFilm

The key to ending the nightmare is something from Cody's past.

Arts & Entertainment

Local's Fresh and Natural Service

By Ethan Lichtenberg
Contributing Writer

Located in the deep heart of our beloved and historic downtown San Antonio, Local Public House andProvisions has been attracting quite a buzz around the small town and its surrounding neighbors. It'sbread and butter is that everything they cook and serve has come from right here in Florida; everythingis locally owned, operated, farmed, produced, and put on the plate. Everything the restaurant serves isnaturally grown, and naturally fed. There is an array of things to choose, from the simple Burger, tofresh Chicken and Dumplings. It has an old-time feel to it, but with a grown and sophisticated side. It is apub but it is also a delicious place to eat.

The owners of the Local have experience in the industry. They were also owners of the criticallyacclaimed Pearl in the Grove located in Dade City, Florida. This restaurant took off and did not stop. Onecan only assume Local will do the same. Local goers all over the internet have had mostly good reviewsto say about the restaurant. The environment, and food is always on the top of the list. The onlydownside it seemed was the price.

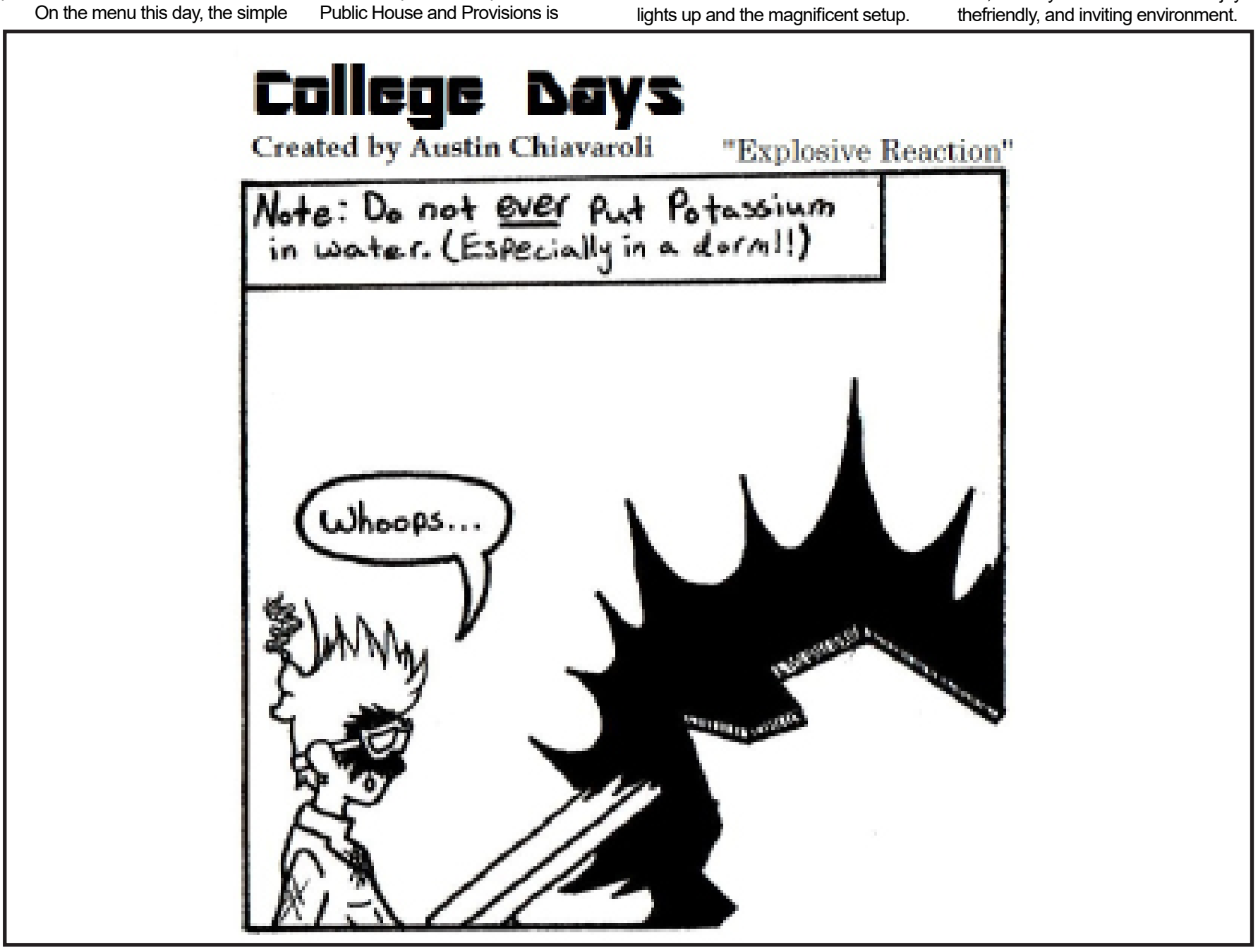
On the menu this day, the simple Chicken Sandwich was uttering its voice, calling to be ordered andeaten. It is served with a fresh Grilled chicken breast, fresh mozzarella, basil pesto, tomato, and a sunny-side up egg on a toasted sourdough bun. The chicken was unbelievably juicy and tender for being grilled.The egg was perfectly cooked with just enough yok running down the bun, soaking the bite soon to take.The other ingredients, while simply put on for their delicious taste already, seemed to have a fresherfeel to them. The mozzarella melted as soon as it hit the tongue.

The raving for this simple, yet somehow completely outdone chicken sandwich could go on forever. Asfor the price, it was $12.00. While to some this may seem overpriced, it is not for what they have to gothrough to get it on to the customer's plate. They must pay for fresh ingredients, from locally ownedfarms, and stands; this is the biggest difference. The consumer is paying for what is being eaten. Notonce will one ever leave Local feeling overstuffed, or gross. One will leave feeling satisfied and healthy.Even the unhealthiest thing on the menu, the pretzel bites, are natural. The cheese for dipping is meltedcheddar, and the bread is locally made. As far as quality over quantity there is no better place within 100square miles.

Perhaps the best part of Local Public House and Provisions is the environment itself. It's built in arestored 100 year old San Ann marketplace. There are bottles of wine for décor and wooden crates. Theisland bar is long and the outdoor patio is beautiful for live music nights. It is a beautiful scene insidewith the lights up and the magnificent setup. As a whole, the restaurant is looking phenomenal, tastingdelicious, and sending customer's home happy. If one is looking for good, healthy food at a price thatgoes fluently with what is being eaten. It is worth the visit, not only for the food but to enjoy thefriendly, and inviting environment.

Photo By Ethan Lichtenberg

Local Public House and Provisions is located at 32750 Pennsylvania Avenue in San Antonio, Florida.


College Days
Created by Austin Chiavaroli
"Explosive Reaction"
Note: Do not ever Put Potassium in water. (Especially in a dorm!!)
Whoops...

Sports

The Boy from the Mountains of East Africa

By Niclas Bez
Contributing Writer

The Saint Leo Men's Cross Country and Track team got a new addition to their roster for the 2016/17 season, who might have a major impact on the program. Ronald Cheserek is a freshman from Kitale, Kenya with an extraordinary talent for distance running.

His American Dream started back in Dec. when head coach Kent Reiber and his assistant coaches made the long journey over to Kenya to recruit athletes. The almost eight-thousand-mile journey from Florida to Kenya takes over a day of travelling with multiple stops along the way. Close to the border to Uganda they met Cheserek in the Cherangani Hills.

After having many successes with recruits from Europe over the past few years, the coaches want to continue to raise the bar on the way to become a nationally recognized program. The Saint Leo coaches visited high schools, talked to other coaches and athletes to find potential recruits. One of these athletes was Cheserek, who was absolutely excited about the potential opportunity of going to the USA to continue his running career. Coach Callahan still remembers how Cheserek said that their visit gave him motivation again to train hard and pursue his passion.

Kenyan runners are dominating the running sport, which is the most universal and accessible sport in the world. In 2011, Kenyans won 17 medals at the Track and Field World Championships just in middle and long-distance running events. In that year the twenty fastest marathon runners were also all from Kenya.

Photo courtesy of Ronald Cheserek

Ronald Cheserek (yellow shirt) doing a workout with his friends back in Kenya.

"Most parts of Kenya are in high altitude areas, which increases the amount of red blood cells and that increases the oxygen intake. Also, the runners are working very hard to be successful. We have many heroes that motivate others to run because we see how their life can change. You develop a passion and want to become like him/her. In addition to that many kids have to run to school five miles every day," said Cheserek.

The elevation of his home town is 6200 foot. For people that are not used to the altitude it would be extremely challenging to train in those elevations through the lack of oxygen in the air, but the native people are fully adjusted. Many international top runners go to Kenya every year to find these ideal training conditions.

But that is not the only thing that is different from Florida and the USA in general.

"The food is very different from what I used to eat back home in Kenya. Also, everybody here owns a car and the houses are really nice," said Cheserek.

This season is a very special one for the Saint Leo Athletic Department, since they will be hosting the Cross Country National Championship on the Abbey Golf Course right across the University Campus. After hosting the Regional meet last year, the Athletic department is trying to have Saint Leo Teams and Individuals in contentions for All-American awards.

Last year Colett Rampf got the first individual Cross Country All-American in Saint Leo school history and this year Cheserek is looking forward to do the same on the men's side. At this level he will even have to compete against many other Kenyan runners, who represent their Universities in the United States. Also, many of the top teams in the country train at high altitude levels, which gives them an advantage the competition.

At their first race of the season both, Rampf and Cheserek earned the SSC athlete of the week award to start of the season right.

Upcoming Games For the Week of 10/7/16 - 10/14/16

M Cross Country

10/8: Vs Saint Leo National 8:00 am

W Cross Country

10/8: Vs Saint Leo National 9:15 am

Volleyball

10/7: Vs Barry 7:00 pm
10/8: Vs Lynn 4:00 pm
10/14: Vs TBA @ Orlando, Fla.

M Soccer

10/8: @ Nova Southeast 7:00 pm
10/11: Vs Montevallo @ Columbus State 3:00 pm

W Soccer

10/8: Vs Nova Southeast 7:00 pm
10/12: Vs Catawba @ Armstrong State 3:00 pm

M Golf

10/10: Vs Golf Rank Invite @ Palm Beach Gardens, Fla. Rounds 1 & 2
10/11: Vs Golf Rank Invite @ Palm Beach Gardens, Fla. Final

Cross Country Team Heads to Pennsylvania

By Niclas Bez
Contributing Writer

The Saint Leo University's Men's and Women's Cross Country teams sent their best seven male and female runners to compete at the Paul Short Invitational at Lehigh University in Pennsylvania On the morning of Sept. 30, the team left for their flight that went directly from Tampa to Philadelphia. In the previous year, the Lions already used this meet to have a fast race before heading into the Championship season.

The cooler climate and lower humidity makes racing up north perfect to run fast and compete against the best programs in the nation. Both Saint Leo Teams competed in the Paul Short Gold race that is mainly composed by Division I schools. Harvard, Georgetown, Florida, Penn State, Georgia, and Yale are only some of the big schools that sent their best runners to compete in this meet.

Against these nationally ranked Division I programs and many strong Division II schools, the Lions were fighting to show their potential. The men were led by Freshman Ronald Cheserek, who improved the school record by 19 seconds in a time of 24:23, followed by Rafal Matuszczak with a time of 24:52. Antony Deleva, Niclas Bez, and Joseph Fuller rounded up the team result, placing 32nd out of the 38 teams. Adam Urbanik and Chris Cabret finished sixth and seventh for the Lions. Number eight ranked Iona College won the College Gold 8K event, followed by number five Georgetown in second place and the Division II powerhouse Adams State (Colo.) finishing third.

Cheserek was previously honored with the National Runner of the Week award after winning the University of Florida's invitational against Division I competitors; it was the first time in Saint Leo history that an athlete earned this achievement. On top of that he earned his second SSC runner of the week award.

"I'm very excited with the way the men raced today. We had discussed closing the gap and running as a team for the past couple weeks. Although the gap isn't quite where we want it, they still competed and performed well. Both the upperclassmen who were here last year and those who were not all performed well and above my expectations. However, there is still more work to do moving forward, but we are in a good position only 21 days out from our conference meet," said Kent Reiber, head cross country coach, after the race.

On the Women's side, the competition looked strong as well, but the Lions did not hold back in their 6k race. The Saint Leo team went out strong and only allowed a few competitors pass them. Junior Colett Rampf had a tremendous run breaking her own school record by 31 seconds in a time of 20:23 that placed her tenth. The two sophomore's Alyssa Bayliff and Laura Tobin followed her with times of 21:36 and 22:22. Lauren Csubak and Natalie McCormick rounded up the team results followed by Noemi Anaya and Haley Roussell.

Photo from @saintleoxctrack

Freshman Ronald Cheserek improves Saint Leo's 8k school record by 19 seconds.

These performances placed the Lady Lions 33rd out of 45 teams in a mainly Division I dominated field. Yale University won the women's race by placing three of their runners in the top twenty.

"This was an incredible race for us. We were running on tired legs, but still performed as if we were fresh. To have more than half of the girls run personal bests at this point in the season is truly remarkable. Colett ran absolutely lights out and finished the race very strong, as the top D2 runner in the meet. We had huge PRs from Alyssa Bayliff, Laura Tobin, and Lauren Csubak," said Reiber.

The Lions will compete on Oct. 8 on the Abbey Golf course for their first home meet this year. After that, the Championship season begins with the Conference Championship being hosted by Florida Tech. Their season will end with hosting the South Regional and the National Championship on their home course. It will be the first National Championship that Saint Leo will host.